



International Online Teachers Society

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Achilles' heel is a famous metaphorical phrase derived from Greek mythology, specifically from the epic poem "The Iliad" by Homer. It refers to a person's or entity's vulnerability or weakness, often hidden or overlooked, which can lead to their downfall. The story of Achilles, a heroic Greek warrior during the Trojan War, provides the origin of this phrase.

In Greek mythology, Achilles was the son of Thetis, a sea nymph, and Peleus, a mortal king. To make him invulnerable, Thetis dipped Achilles into the River Styx, which was believed to confer immortality. However, she held him by his heel during the process, leaving that part of his body untouched by the water. Consequently, his heel remained his sole point of vulnerability.

Achilles became renowned for his incredible strength and bravery on the battlefield. He played a pivotal role in the Greek siege of Troy. His combat prowess was unmatched, and he was considered nearly invincible. However, during the Trojan War, Paris, a prince of Troy, fatally wounded Achilles by shooting an arrow into his heel—the one vulnerable spot on his body. The injury led to Achilles' untimely death, and his Achilles' heel became a symbol of vulnerability.

The term "Achilles' heel" has since been adopted into the English language to describe any weakness or vulnerability that could jeopardize an otherwise strong or powerful entity. It is often used in various contexts, such as sports, business, politics, and personal relationships, to emphasize the importance of identifying and addressing weaknesses.

In sports, an athlete's Achilles' heel might be a particular skill or strategy that opponents can exploit. In business, it could be a company's overreliance on a single product or market. In politics, it might refer to a candidate's controversial past or policy stance. In personal relationships, an individual's Achilles' heel could be a sensitive topic or past trauma that can be easily triggered.

Recognizing one's Achilles' heel is crucial for personal growth and success. It allows individuals and organizations to take proactive measures to mitigate their vulnerabilities and prevent potential disasters. Just as Achilles could have taken precautions to protect his vulnerable heel in battle, people and entities can take steps to strengthen their weaknesses or seek support in areas where they are vulnerable.

In conclusion, Achilles' heel is a metaphorical concept derived from Greek mythology, symbolizing a hidden or overlooked weakness that can lead to one's downfall. The story of Achilles and his vulnerability in the form of his heel serves as a cautionary tale, highlighting the importance of self-awareness and vulnerability assessment in various aspects of life. Understanding and addressing one's Achilles' heel can ultimately contribute to personal and collective resilience and success.

Questions for Discussion

1. What are some modern-day examples of individuals, organizations, or even countries that have displayed an "Achilles' heel"? How did these vulnerabilities impact their overall success or stability?
2. In our own lives, what might be our metaphorical "Achilles' heel"? How can we identify and address these weaknesses to prevent potential setbacks or failures?
3. Are there historical events or figures that can be compared to Achilles and his vulnerability? What lessons can we draw from these examples in terms of recognizing and mitigating weaknesses?
4. How can individuals and organizations strengthen their resilience to prevent their "Achilles' heel" from becoming a major liability? What strategies can be employed to adapt and overcome vulnerabilities?
5. Besides the story of Achilles, how has the concept of an "Achilles' heel" influenced literature, art, or popular culture? Can you think of contemporary stories or characters that embody this concept?